

Essential Fat Loss Tips

Looking to lose body fat? Follow these tips to ensure your success.

- **Try consuming no more than 65 grams of fat per day for men and no more than 50 grams per day for women.** Why? Fat is essential to your health and should never be totally shunned, but it has more than twice as many calories as protein and carbohydrate and is easily the most frequently over consumed macronutrient by the majority of my clients. By controlling fat intake, you can easily facilitate weight loss since no more than 585 of your calories will come from this source for men and 450 for women, while ensuring adequate intake. This leaves plenty of calories to come from protein and carbohydrates.
- **Do 45-60 minutes of cardio per day.** 30 minutes is great for your health, but it just isn't enough to guarantee weight loss. It doesn't have to be excruciating either, but it should get you sweating a bit.
- **Weigh yourself on a daily basis, first thing in the morning.** This may sound different than what some people say, but if you are looking for weight loss, you need to learn your body's natural fluctuations so you don't freak out when your weight shifts, which can negatively influence motivation and deter your progress.
- **Follow a quick and simple resistance training program twice per week.** Include 2 sets of 15-20 reps of the following: push-ups (do from your knees if necessary), triceps dips (bend your knees if necessary), dumbbell rows, overhead presses, biceps curls, lunges, and reverse crunches. Build up to the reps if necessary. When you can easily do these reps, increase your weight.

More Essential Fat Loss Tips

Here are a couple more tips to help ensure your fat loss success!

- **Avoid lots of snacking.** First, snacking can promote eating lots of extra calories. It also can promote the idea of eating all the time. It is actually good to give your body a little rest from constant digesting. This also allows your body time to feel hungry before the next meal (hunger is okay!) and to realize when you're ready for a meal. Additionally, lots of snacking should not be used as a substitute for well-balanced meals.
- **Feature one "star" per meal, especially when dining out.** What is it that you really want? Make this the star of the meal - you don't need appetizers, an entree, sides, and a dessert, not to mention a drink. Focus on the one thing you really want!
- **Eat until you are 80% full.** Avoid reaching Thanksgiving full beyond Thanksgiving. When you eat to just 80% full, you stay comfortable vs. stuffed turkey full, and easily control calories.
- **Try substituting a smoothie meal replacement for one to two meals a day.** Smoothies are awesome because they pack a huge nutritional punch in a convenient and easy to prepare package. You can literally blend a complete meal - long-lasting carbs, muscle-building protein, healthy fats, and a couple servings of fruits and veggies. They are calorie-controlled, which means you don't have to guess how much you're eating.